

David Britz Biokineticist 2026 Fees & Session Packages

1-on-1 Sessions	Virtual Group Exercise Class
Individualised exercise programs performed 1-on-1 (in person, home visits, virtual)	Group Exercise for all fitness levels Every Monday, Wednesday, Friday at 6am
Duration: 45 minutes	Duration: 30 minutes
Per Session Rates	
Initial Assessment: R800.00 Follow up sessions: R675.00	Group Session: R300.00
Package Options	
1-on-1 Sessions	Virtual Group Exercise Class
4 sessions = R2,520.00 (R630.00 per session)	4 sessions = R1,000.00 (R250.00 per session)
8 sessions = 4,120.00 (R515.00 per session)	8 sessions = R1,800.00 (R225.00 per session)
12 sessions = 5,520.00 (R460.00 per session)	12 sessions = R2,580.00 (R215.00 per session)
<u>Terms & Conditions</u>	
<ol style="list-style-type: none"> 1. Session packages are paid upfront and in full, no exceptions. 2. Session packages have a 12 week usage period, commencing on the payment date. 3. Should it not be possible to make use of all the sessions within the 12 week usage period, the remaining sessions will be forfeited. <ol style="list-style-type: none"> a. Should this be due to illness or travel (planned or unplanned), the cancelled session/s must be rescheduled during the 12 week usage period or the session is forfeited. 4. David Britz Biokineticist has a <u>24 hour</u> cancellation policy. Failure to give notice, cancel or reschedule a session less than 24 hours prior, will be charged in full, no exceptions. 5. Missed/ Late cancellations/ Forfeited sessions cannot be claimed from medical aid. 6. Statements will be sent at the end of each month. 7. Statements will only display the sessions attended in a given month to be claimed from medical aid. 	